

Missouri WIC

Special Supplemental Nutrition Program
for Women, Infants and Children

Approved Food List



Eat Healthy • Stay Well

Effective April 1, 2015
to September 30, 2015

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Participants can purchase only food items as printed on the WIC check.

Cheese

Cheese

Allowed

- Store brand only domestic, American, Cheddar (extra sharp, sharp, medium, mild), Colby, Colby Jack, Monterey Jack, Mozzarella cheeses (part skim or whole)
- Low fat/fat free cheese
- Store brand sliced American cheese only



- 8 or 16 oz block only

Not Allowed

- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Individually wrapped slices
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic cheese

Milk, Goat Milk, Soy milk

Milk

- Any brand (Store brands are recommended)
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%
- Container size as printed on WIC check



Non-Fat Dry Milk

- Store brand only
- 8 quart box only



Lactose Free Milk (where available)

- Any brand
- Low fat/fat free (skim, ½%, 1%)
- Whole milk and 2%
- Half gallon container only
- Plain

Evaporated Milk

- Store brand only
- Evaporated low fat/fat free (skim, ½%, 1%)
- Evaporated whole milk
- 12 oz can only



Cultured Buttermilk

- Any brand
- Quart size only

Goat Milk (if available at WIC store)

- Meyenberg brand
- Evaporated (12 oz can) (whole)
- Non-fat powdered (12 oz can)



Soy milk

- Half gallon container only
- 8th Continent, only vanilla and original plain
- Great Value, only original



Vanilla



Original
Plain



Original

Not Allowed

- Almond milk
- Coconut milk
- Rice milk
- Filled milk
- Flavored milk
- Organic milk
- Sweetened condensed milk
- Glass bottles
- Milk substitutes
- Vitamite

Yogurt

Yogurt **New!** 32 oz Container Only



Coburn/Save-A-Lot

Lowfat

Plain
Vanilla



Dannon

Lowfat

Plain
Vanilla

Nonfat

Plain



Dannon Light & Fit

Lowfat

Strawberry*
Vanilla*



Essential Everyday

Lowfat

Peach
Plain
Raspberry
Strawberry
Strawberry Banana
Vanilla

Fat Free

Plain



Great Value

Lowfat

Peach
Strawberry
Strawberry Banana
Vanilla

Nonfat

Plain
Light Strawberry Banana*
Light Vanilla*



HyVee

Lowfat

Peach
Strawberry
Strawberry Banana
Vanilla

Nonfat

Plain*
Vanilla*



Kroger

Lowfat

Grade A Plain
Grade A Vanilla

Nonfat

Grade A Plain
Grade A Lite Strawberry*



Schnucks

Lowfat

Plain
Strawberry
Vanilla

Nonfat

Plain



ShurFine

Lowfat

Strawberry
Vanilla

Fat Free

Plain*



Yoplait

Lowfat

Harvest Peach
Strawberry
Strawberry Banana
Vanilla

Nonfat

Plain

Not Allowed

- Greek yogurts
- Organic yogurts



*contains artificial sweeteners

Yogurt comes from milk so it contains protein and other nutrients. Use it for dips or add fruit for a healthy snack.

Tofu, Eggs, Peanut Butter, Beans

Tofu

Azumaya Brand:

- Firm Tofu (16 oz)
- Extra Firm (16 oz)



NaSoya Brand:

- Silken Tofu Organic (16 oz)



Eggs

Allowed

- Large, white, grade A or AA
- 1 dozen package only



Not Allowed

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Free range
- Brown eggs

Peanut Butter

Allowed

- Smooth, creamy or regular
- Store brand only
- 16-18 oz jar only



Not Allowed

- Crunchy peanut butter
- Low fat peanut butter
- Organic peanut butter
- Mixtures with jams, jellies, honey, marshmallows or chocolate

Canned Beans

Allowed

New!

- Butter beans, Fat free refried beans, Garbanzo beans, Kidney beans, Navy beans, Pinto beans and Red beans
- Bush's Best brand only
- 16 oz can only



Dry Beans, Peas & Lentils

Allowed

- Any variety of plain, mature dry beans, peas or lentils
- Store brand only
- 16 oz package only

Not Allowed

- Organic products
- Additives or flavors

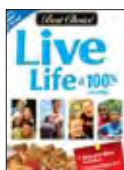
Beans are high in protein, folic acid and fiber, and have no cholesterol. Try some today!

Cold Cereals

Always Save



Best Choice



Clear Valu



Dierbergs



Essential Everyday



Great Value



WIC cereals help you get the vitamins and minerals you need. Whole grain is the best way to start your day.

Cold Cereals

Great Value



Hy-Top



HyVee



IGA



Kroger



Whole Grain Cereal

Cereals make great snacks! Offer a variety of cereals and encourage your child to create his or her snack.

Cold Cereals

Ralston



Schnucks



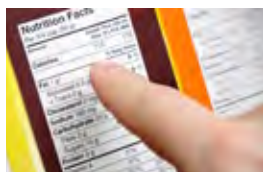
Bag



Shurfine



Whole Grain Cereal



Read the nutrition facts
on the cereal box.

Buy any combination of approved cereals up to the
ounces listed on your WIC check.

Hot Cereals

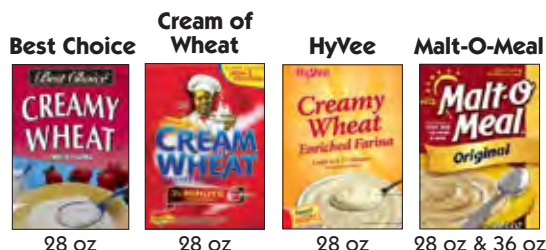


Instant Oatmeal

11.8 - 12 oz (12 packets/box)

♥ Whole Grain

Hot Cereals



Hot Wheat Cereal



Go Whole Grain

1. Choose whole grain cereal for your family! It will help your children meet their fiber needs.
2. Whole grains help supply the energy your children need.
3. Try dried or fresh berries, bananas or peaches with cereal.
4. Give your children cereal options and let them make a choice.
5. Mix different whole grain cereals in a bowl and enjoy with milk.

Hot Cereals

Fruit Juice - Women

For Women Only

11.5 - 12 oz Frozen Concentrate



Always Save

Apple
Orange



Best Choice

Apple
Orange



Clear Value

Orange



Crisp

Orange



Essential Everyday

Apple
Grape
Orange



Great Value

Apple
Grape
Orange



Hy-Top

Apple
Orange



HyVee

Apple
Orange



IGA

Apple
Orange



Kroger

Apple
Grape
Orange



Midwest Country

Fare
Orange



Old Orchard

Apple
Grape
Orange
White Grape



Shurfine

Apple
Orange



Tipton Grove

Apple

Allowed

Any of the approved store brand frozen orange juices.

Fruit Juice - For Women Only

Fruit Juice - For Women Only

Juice 100% - Children

For Children Only

64 oz Plastic Bottle



Always Save

Apple
Grape



Best Choice

Apple
Grape
Tomato
Vegetable
White Grape



Diane's Garden

Vegetable



Dierbergs

Apple



Essential Everyday

Apple
Grape
Tomato
Tomato LS ❤️
Vegetable
Vegetable LS ❤️
White Grape



Great Value

Apple
Grape
Tomato
Vegetable
White Grape



Hy-Top

Apple
Grape
Tomato
Vegetable
White Grape



HyVee

Apple
Grape
Tomato
Vegetable
White Grape



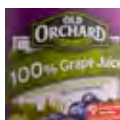
IGA

Apple
Grape
Tomato
Vegetable
White Grape



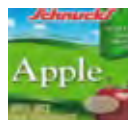
Kroger

Apple
Grape
Vegetable
Vegetable LS ❤️
White Grape



Old Orchard

Apple
Grape
White Grape



Schnucks

Apple
Grape
Tomato
Vegetable
White Grape



Shurfine

Apple
Grape
Tomato
Vegetable
White Grape



Tipton Grove

Apple
Grape

❤️ LS = Low Sodium



Orange Juice Allowed

- Any of the approved store brands above and **Clear Value** brand in 64 fl oz (half gallon) containers of orange juice.
- Refrigerated or non-refrigerated.

Juice - For Children Only

Juice - For Children Only

Bread, Brown Rice

Whole Wheat/Whole Grain 16 oz Only



Best Choice
100% Whole
Wheat



Bunny
100% Whole
Wheat



Dillon's
100% Whole Wheat
Roundtop



**Essential
Everyday**
100% Whole Wheat



Healthy Life
100% Whole
Grain Wheat
Sugar Free



Healthy Life
100% Whole Wheat
Whole Grain



HyVee
100% Whole
Wheat



Kroger
100% Whole
Wheat



Nature's Own
100% Whole Grain
Sugar Free



Ozark Hearth
100% Whole
Wheat



Price Chopper
100% Whole
Wheat



Sara Lee
Classic 100%
Whole Wheat



Schnucks
100% Whole
Wheat



Shurfresh
100% Whole
Wheat

Consume at least half
of all grains as whole
grains.

Bread, Brown Rice

Bread, Brown Rice

Brown Rice

Brown Rice

Allowed

- Whole unprocessed grain
- Store brand only
- 16 oz package only

Not Allowed

- Instant rice
- Organic products

Tortillas

Whole Wheat/Whole Grain 16 oz Only



Best Choice
100% Whole
Wheat



Best Choice
Whole Wheat
Fajita Style



Chi-Chi's
Whole Wheat



Don Pancho
Whole Wheat



HyVee
Whole Wheat



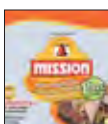
IGA
Whole Wheat



Kroger
Whole Wheat



La Banderita
Whole Wheat



Mission
Whole Wheat



Ortega
Whole Wheat



**Pride of
Kansas**
100% Whole
Wheat



Schnucks
Whole Wheat



Shurfine
Whole Wheat
Fajita Style

Soft Corn 16 oz Only



Best Choice
Corn



Don Pancho
White Corn



HyVee
White Corn



La Banderita
White Corn



La Banderita
Yellow Corn



Mission
Yellow Corn



Shurfine
Corn

Soft corn tortillas are a good source of fiber, B vitamins and folic acid. Enjoy soft corn tortillas for enchiladas, fajitas or tacos.

Fruits

Fresh Fruits

Allowed

- Any variety of fresh whole, halved, quartered, sliced or cut fruit without added sugars*
- Fruits packed in juice
- Organic



Not Allowed

- Fresh fruits with added sugars* or caramel
- Buffet or deli containers or party trays of fruits
- Fruit baskets
- Dried fruit or fruit roll ups
- Fruits for purchase on salad bars
- Nuts (e.g., peanuts) or fruit-nut mixtures
- Baked goods with fruits (e.g., blueberry muffins, fruit and pumpkin pies)
- Ornamental or decorative fruits
- Individual deli servings

Frozen Fruits

Allowed

- Any brand, type and package size
- Any plain fruit or plain fruit mixtures
- Any fruit with fruit juice, artificial sweeteners or water
- Organic



Not Allowed

- Frozen fruit with added sugars*

Make Half Your Plate Fruits and Vegetables

Research shows that fruits and vegetables are important to promoting good health. Fruit and vegetables:

- Provide essential vitamins, minerals and fiber that are important for good health.
- Are naturally low in fat and calories and are filling.
- May reduce the risk of cancer and other chronic diseases.

*Added sugars include: corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey and maple syrup

Vegetables

Fresh Vegetables

Allowed

- Any variety of fresh whole, halved, quartered, sliced or cut vegetables, without added sugars, * fats or oils
- Bagged lettuce, head lettuce and salad greens without flavorings, dressing or croutons
- Any potatoes
- Fresh garlic and fresh ginger
- Organic



Not Allowed

- Buffet containers or party trays of vegetables
- Vegetable baskets
- Bagged lettuce or salad greens with salad dressings, cheese, croutons or other added ingredients
- Individual salads or deli servings
- Creamed, sauced or breaded vegetables
- Vegetable-grain (pasta or rice) mixtures
- Vegetables for purchase on salad bars
- Ornamental or decorative vegetables (e.g., chili peppers on a string, garlic on a string, gourds, pumpkins and Indian corn)
- Fresh, powdered, dried or pickled herbs or spices primarily used as flavoring

Frozen Vegetables

Allowed

- Any brand, type and package size
- Any kind of beans and peas (e.g., green beans, green peas, snap peas, black-eyed peas and/or soybeans)
- Regular or lower-in-sodium frozen vegetables
- Any plain frozen vegetable, frozen steamed vegetable or plain frozen vegetable mixtures without added oils, seasonings, or sugars
- Organic



Not Allowed

- Added sugars, * fats or oils
- Seasoned, flavored or breaded vegetables
- Vegetables with sauces (e.g., gravy, cheese sauce and/or butter), pasta, noodles, rice or any other ingredients including meat, poultry or fish
- Any French fries, tator tots, potato rounds, diced potatoes, shredded/diced hash browns or hash brown patties with added oils, seasonings, or sugars

Shopping Tips

Fresh Fruit and Vegetable Shopping Tips

- Check ad specials (online, store fliers, etc.)
- Compare prices.
- Buy fresh fruits and vegetables in season.

When choosing fresh fruits and vegetables that are priced by the pound, complete the following steps.

1. Place the item on the grocery scale.
2. Round up the weight to the nearest pound or half pound.
3. Estimate the cost of the item based on the chart below.
4. Write the item and price on your shopping list.



Find the price per pound in the left hand column. Read across the chart to find how many pounds you are buying and the cost of the fresh fruit or vegetable.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	7.73	9.27	10.82	12.36	13.91
3.19	3.19	4.79	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

Fruit and Vegetable Checks

How to Use Fruit and Vegetable Checks

1. Use fruit and vegetable checks at WIC approved stores only.
2. Purchase only approved fresh and frozen fruits and vegetables.
3. The fruit and vegetable check has a maximum dollar amount printed on it. If you have fruits and vegetables that exceed the dollar amount on the check, you can:
 - Pay the difference using cash, check, credit/debit card or SNAP EBT card.
 - Pay the difference by using multiple fruit and vegetable checks together.

For example, your fruit and vegetable check has a value of \$10 and the cost of the fruits and vegetables is \$12. You may either remove \$2 worth of fruits and vegetables from your purchase or you may pay the extra \$2 with one of the methods listed above.

4. Tax will be applied to the difference if you pay with cash, check or credit/debit card.
5. If your fruit and vegetable purchase does not add up to the maximum amount printed on the check, you will not receive change back.
6. More than one fruit and vegetable check may be used for one purchase.

For example, an \$8 and a \$10 check can be used for an \$18 purchase. Some stores may only be able to allow one fruit and vegetable check for one purchase.

7. If you choose to go over the dollar amount on your fruit and vegetable check, you will have to pay the difference for the fruits and vegetables you are buying.



New!

You can now buy fruits and vegetables using your WIC checks, along with cash, check, credit or debit card, or SNAP EBT.

Infant Foods

Infant Cereals

Allowed

- Plain only
- Dry only
- 8 or 16 oz container only

Not Allowed:

- Organic products
- Added DHA/ARA
- Added dried fruits/nuts
- Yogurt and/or Cinnamon



Beech-Nut Classics
(8 oz only)

Oatmeal
Rice
Multigrain



Gerber
(8 or 16 oz only)

Barley
Oatmeal
Rice
Whole Wheat
MultiGrain

Infant Fruits and Vegetables

Allowed

- 4 oz container only
- Any stage

Not Allowed:

- Organic products
- Added DHA/ARA



Beech-Nut Classics

Apples	Green Beans
Bananas	Squash
Peaches	Sweet Carrots
Pears	Sweet Peas
Apple & Banana	Sweet Potatoes
Apple & Blueberry	
Apple, Pear & Banana	



Gerber

Applesauce	Carrots
Bananas	Green Beans
Pears	Peas
Apples & Blueberries	Squash
Apples, Strawberries & Bananas	Sweet Potatoes

Infant Formula

- Brand, type and size as printed on WIC check.

For Breastfeeding Infants

Infant Meats

Allowed

- 2.5 oz container only

Not Allowed:

- Organic products
- Added DHA/ARA



Beech-Nut Classics

Beef
Chicken
Turkey



Gerber

Beef
Chicken
Ham
Turkey

Baby food meats are an extra benefit for fully breastfed infants.

For Fully Breastfeeding Mothers

Canned Fish

Light Tuna (5 oz)

Allowed

- Any brand
- Water packed only
- Chunk, solid or grated
- Low sodium

Not Allowed

- White or albacore tuna
- Added flavoring, seasonings or sauce
- Foil pouches
- Individual serving containers



Canned Salmon (5 oz)

Allowed

- Any brand
- Pink salmon only

Not Allowed

- Smoked, foil pouches
- Red, Sockeye or Wild Alaska Pink Salmon
- Added flavoring, seasonings or sauce



Sardines (3.75 oz)

Allowed

- Any brand
- Water packed, tomato sauce and mustard sauce

Not Allowed

- Hot sauce, hot green chillies
- Smoked, foil pouches
- Individual serving containers

How to Make a WIC Purchase

Take to the Store:

1. WIC identification (ID) folder and WIC approved food list. Use the WIC approved food list as you shop.
2. WIC checks. They must be used between *First Date To Use* and *Last Date To Use* as printed on each check.

While Shopping:

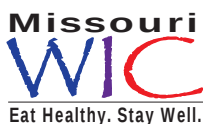
1. Shop for foods listed on your WIC checks.
2. Buy the quantity or type listed and refer to the WIC approved food list for a complete listing of WIC eligible foods.
3. Separate your WIC foods from other foods in your cart.

At the Register:

1. Tell the cashier you are making a WIC purchase.
2. Separate WIC food items from other food items.
3. Give WIC check to the cashier before items are scanned.
4. Separate the foods for each WIC check being purchased. Each check must be redeemed separately.
5. Show the WIC ID folder to the cashier for signature verification. The cashier may request other identification.
6. The cashier will write the purchase date and the total sale amount on the WIC check.
7. The cashier verifies the signature on the WIC check with the authorized signatures on the WIC ID folder.

Frequently Asked Questions

- Q. May I use my WIC checks in another state?
A. No, Missouri WIC checks can only be used in Missouri.
- Q. What happens if my checks are lost, stolen or damaged?
A. Notify your WIC office.
- Q. Do I get change back if I don't use the full amount of my WIC check?
A. No, the stores are not allowed to give you change back for unspent money on your WIC check.
- Q. Can I change the foods listed on my check?
A. No, only your WIC office can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.
- Q. Who do I need to contact if I have questions about WIC foods?
A. You need to contact your WIC office.
- Q. Do I need to purchase everything listed on my WIC check?
A. No, you are not required to pick up everything listed on your check.



Missouri Department of Health and Senior Services WIC and Nutrition Services

P.O. Box 570
Jefferson City, MO 65102-0570
573-751-6204
health.mo.gov/wic

DHSS is an equal opportunity/affirmative action employer.
Services provided on a nondiscriminatory basis.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services at 573-751-6204.

Hearing- and speech-impaired citizens can dial 711.
USDA is an equal opportunity provider and employer.

WIC-640 (04-15)